What I Wish People Understood About Overthinking

Overthinking is like living in a fantasy—a cruel one—you desperately hope never comes true. As the name suggests, it's thinking far beyond what's necessary. But it's more than that: it's a *test* of the mind and soul. It drains your energy, leaving you fatigued even without doing anything physical.

There's no single cause, no straight line showing where it begins or how it grows. But to me, it often starts when a person becomes more sensitive—when they begin thinking about the world more than they think about themselves.

There's a quote that haunts me:

"I'm not what I think about myself. I'm not what others think about me. I'm what I think others think about me."

That's overthinking in one sentence.
It's not just thoughts—it's assumptions layered over imagined judgments, playing out in mental loops. "What do they think of me?" "Will they accept me?" "Do they even care?" The mind spins a web of possible reactions, possible outcomes, possible pains—and you're caught in it.

An overthinker creates categories and layers and endless confusion. They don't just think—they *over-feel*, *over-imagine*, and *over-analyze*. They process the world five times faster and five times deeper than others. That's not stupidity—it's a form of genius. But even genius has a cost.

Our brains aren't built for this constant intensity. So what happens? Overthinkers burn out psychologically, emotionally, and even physically. They aren't just *thinking* about scenarios—they're *living* them inside their heads, visualizing and emotionally experiencing every possibility. In a way, they live **more than one life**:
One given by God…
The other imagined in silent, lonely rooms.

Overthinking creates guilt, shame, anxiety, and helplessness. And yet—society laughs at it. It's become a trend to say, "I overthink lol" as if it's harmless. But it's not harmless. It's real. For some, it becomes debilitating.

One of my closest friends is going through this right now. Her overthinking has turned into an anxiety disorder, with panic attacks and emotional breakdowns. And she's not alone. Many people are silently slipping under the weight of their minds.

Mental health is not a joke.
Overthinking is not a "quirk."
It's a storm that, if left ignored, grows into something much harder to survive.

Let's talk about it. Let's take it seriously.
Because silence is not strength. And healing begins with being heard.